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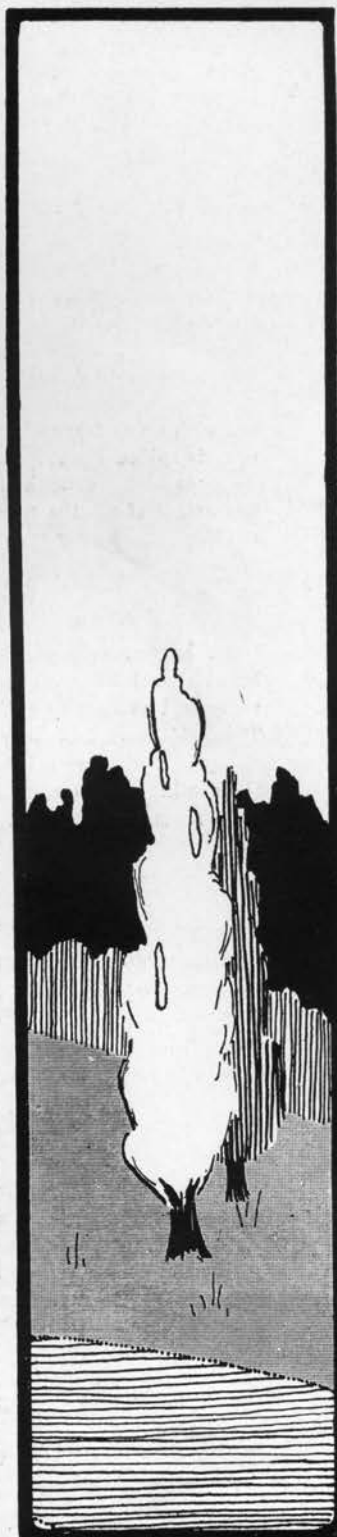
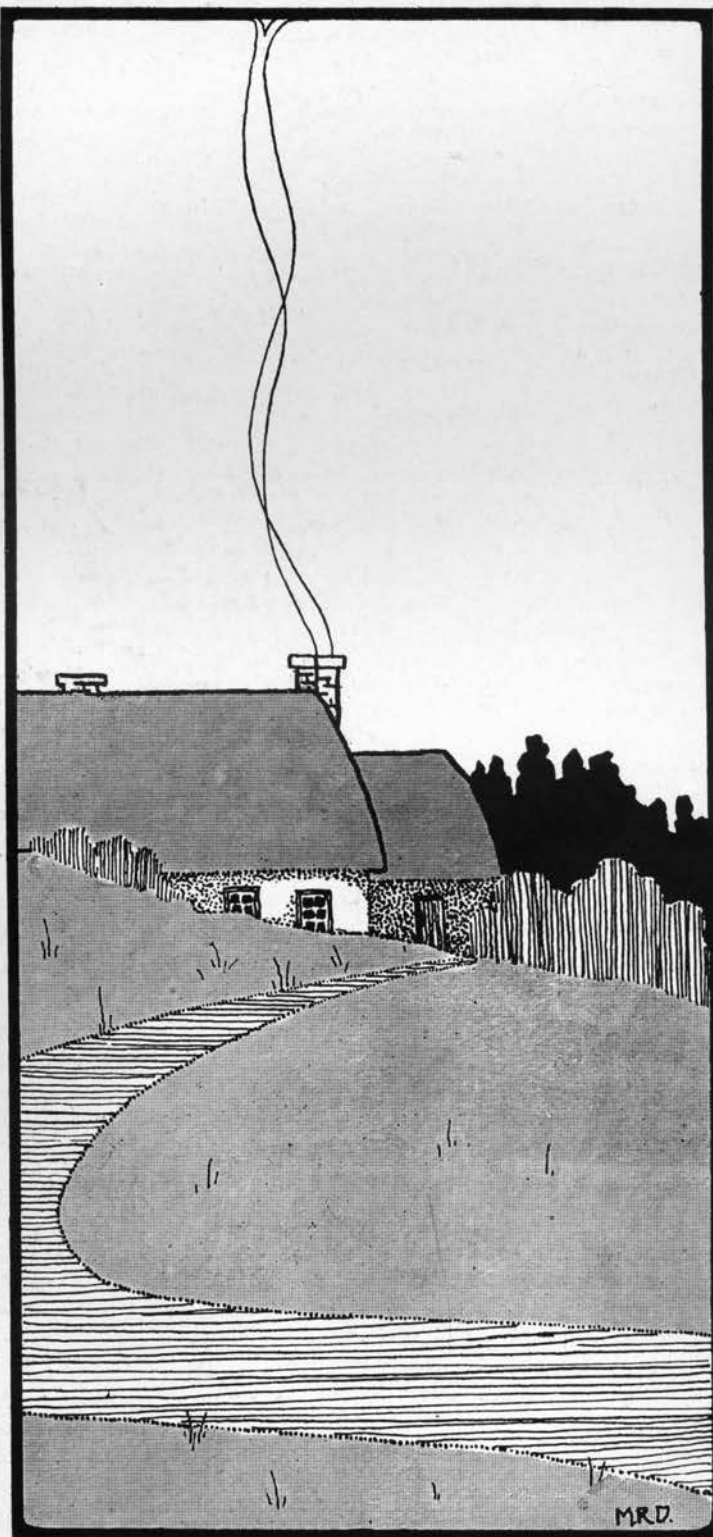
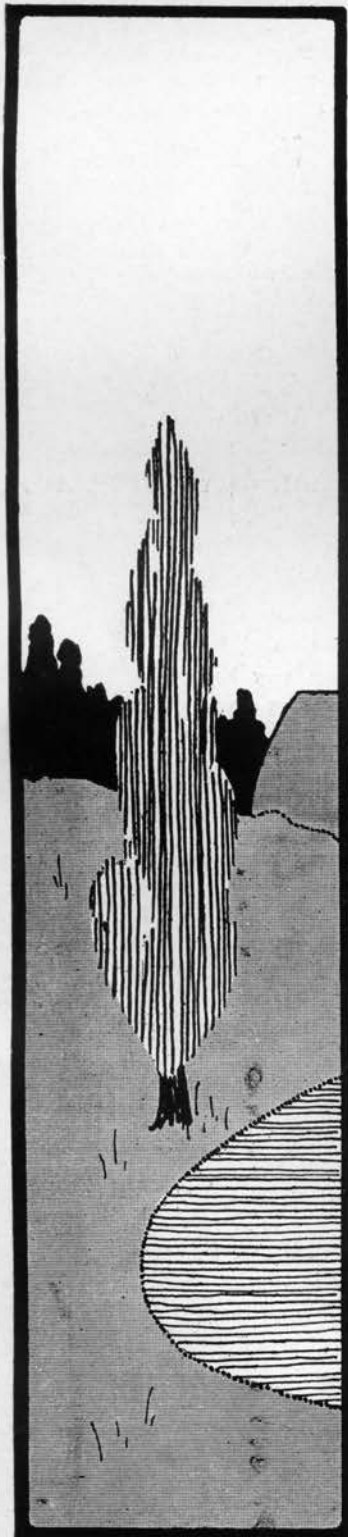
Authors

Sarah Field, Jerry Martin, Ila Woodburn, Mary Morrison Beyer, Margaret McDonough, Nora Workman, Madge McGlade, Helen Melton, Marcia E. Turner, Nellie Goethe, Dorothy B. Anderson, and Edith Graham

Welch, East

THE IOWA HOMEMAKER

IOWA STATE COLLEGE



ANTE SCRIPT

Keeping the Family in Icewater

Of particular interest to the homemaker with an electric refrigerator is the water chiller. Instead of keeping a bottle of water below the ice compartment, install this two-gallon metal container behind the center partition between the doors. A faucet which swings out from the lower part of the tank makes it easy to get a cold drink.

What's Ritzy in Can Openers

Invention has even invaded the realm of can openers. No longer need one find the housewife with torn fingers from wielding the contrivance of yesterday for opening cans, which left jagged edges and partly spilled contents. There has appeared a new device which opens a can with a few turns of a handle. Not a drop is spilled for the can is held firmly as it is being cut. But perhaps most convenient of all, the opener lifts the lid as it is being neatly cut from the can.

Salt Saves Saucepans

An enamel saucepan that has been burnt should be filled with strong salt water and allowed to soak a few hours. Then, if covered tightly and brought slowly to the boiling point, the burnt particles will come off without difficulty. Deep spots curl off when dried over the fire.

—And Preserves Olives

Olives or capers that have been opened will keep a long time if covered with salt water in the bottle in which they were purchased. If shaken often, the heavy skum does not form on top of the liquid.

Pepping Up the Cereals

To crisp breakfast foods quickly without heating the oven, heat a heavy frying pan piping hot, pour the cereal into it, cover tightly, and remove from the heat. There is no danger of burning, and in a short time the cereal will be crisp.

NEW VOICES

Today I have grown taller from walking with the trees,
The seven-sister poplars, who go softly in a line;
And I think my heart is whiter from its parley with a star
That trembled out at nightfall and hung above the pine.
The call note of a redbird from the cedars in the dusk
Woke his happy note within me to an answer free and fine.
And a sudden angel beckoned from a column of blue smoke,
Lord, who am I that they should stoop: these holy folk of Thine?

—Karle Wilson Baker

Clever New I. S. C. Map

The "Sunshine Club" on the Post Office steps, and Knute, the night watchman—the million-dollar Memorial Union and the lowliest stock barns—they are all there, "big as life," in a most amazing and amusing "illuminated" map of Iowa State College campus and environs. The map was designed by Alice Waugh, instructor in the Applied Art Department, and its sale is being handled by the local chapter of A. A. U. W., to whose national fellowship fund the proceeds will go.

The map is 19 by 24 inches in size and attractively printed in black, Nile green and henna. Copies may be obtained for 50 cents at the College Book Store, the Ames News Stand, the Student Supply Store, the Scoreboard, the Campus Drug Store and the Memorial Union. The first three stores named will handle mail orders for 65 cents.

"—Add Three-fourths Inch of Butter—"

No longer do we have to fuss about crowding butter into cups and spoons to measure it. The labor saving device which has brought this about is merely a simple ruler, which shows standard measurements of the various portions used in cooking. All one needs to do is to lay this ruler alongside a quarter pound of butter and slice off the required amount. Think of the dish washing that is saved!

New Dresses for Old Staples

Have you seen any of these dressed up packages of food? Some are elegant enough to appear even on a formal table. The catsup bottle is one example. It is charming—so much nicer than the old red "brandy bottle." It stands up solidly. It has a mouth from which one can pour just the right amount and a cap which can be replaced by just one turn instead of several.

Even vegetables are coming out of hiding and some appear in glass, while others come to light in a celluloid-like jar, which is convenient with its quarter-turn cap.

Long Life for Pimentos

After using part of a can of pimentos, put the remainder in a glass container and cover with cooking oil, paraffin, or water. If the water is changed every day, the pimentos will keep fresh a long time.

After Sitting on Gum

Chewing gum may be removed from clothing by rubbing a small piece of ice over it until it is well chilled, or by rubbing it with gasoline. The gum may then be rolled up with the fingers and will leave no traces on the clothing.

Don't Discard Old Rubbers

Do you tie the paper around your jelly glasses with string? Why not place a used fruit jar rubber over the paper to hold it on? It is done so quickly and is easily removed when you want to use the jelly.

That Obstinate Lettuce

Head lettuce may be quickly separated if the core is cut out for a depth of about one inch. If a forceful stream of cold water is run into this hole for about one minute, the leaves will separate themselves.

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOL. X

OCTOBER, 1930

NO. 4

Help Fight Goiter With Seaweed

By Sarah Field

CITIZENS of the goiterous belt of the United States are starving for iodine. Today in Iowa, goiter is getting no better fast. One can find in almost any group of school children several, especially girls, whose necks are swollen.

The swollen neck, however, is only the outward sign of a diseased thyroid; there are many other symptoms not so easily recognized. A fast heart often accompanies a swollen neck. This is usually connected with what is called an "ingrowing" goiter, the exophthalmic type, that is not so noticeable, but is all the more dangerous since its effects are internal.

Another result of disturbed thyroid is nervousness. Sometimes this is slight; sometimes so serious as to result in a break-down, which nothing but weeks of rest can cure; and sometimes so grave as to bring the sufferer nearly to insanity. The diseased thyroid seems most dangerous to girls who are growing fast, either as small children or in the 'teen age; to women when pregnant or nursing; or at the menopause (change of life). One of the worst results that may come to a girl from a diseased thyroid is a failure to grow up properly into a woman. Some girls remain children all their lives from this cause.

It was not until quite recently that the cause of goiter was determined, although the disease itself had been known for thousands of years all over the world. Previously the disease had been attributed to "bad" or hard water, "bad" air or bacteria. Finally, some thirty-five years ago, a man named Bauman discovered that the thyroid gland contained very small amounts of iodine, but that

the rest of the body contained little or no iodine at all. A few years later goiters were noted on the fish at a hatchery. "Bad water" was said to be the cause. It was then shown that if a very

enters central Iowa, passing with moderation down through Missouri. A second belt skirts the northwest states of the country. Both these sections have been out of the sea thousands, millions of years, and the rains have washed the iodine out and down to the sea again.

When a person really has a goiter, it is a disease for the doctor to cure. Homemakers and citizens, however, are interested in the "ounce of prevention." How shall they get the wee bit of iodine they must have? This very small amount of iodine has been figured out scientifically to be only a tenth of a milligram. A grain of dust or the point of a pin might picture the necessary amount of iodine. A child who is growing rapidly before or after birth, a boy or girl of 12 to 14, a pregnant mother, or one who has a nursing babe needs some-

what more. How can it be gotten for them?

If one eats whole cereals, green vegetables and fruit and drinks milk he should have enough iodine, the scientist says. But here in the goiter belt, even these good friends go back on us. We must look elsewhere for our iodine. Doctors give tincture of iodine which we use to put on cuts. In many places the salts of iodine are given to school children dissolved in drinking water or placed in chocolate covered pills. In Iowa there is used a good deal of iodized salt which contains a small percentage of these salts of iodine—the same iodides the farmer is feeding to his stock. In Ohio, since these methods have been tried, the school children show much smaller necks than previously.

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Sea weed as it is dressed for market: (1) Scrapings and shavings. (2) Fronds as sent to the manufacturer. (3) Candied. (4) Powdered. (5) Salt-soy pickle. (6) Toasted confections. (7) Rice paste confections. (8) Pieces for chewing. (9) Pieces for soup stock

little iodine were added to the water, no matter how "bad" the water seemed, no goiters resulted. It was therefore concluded that the cause of goiter was the lack of a very small amount of iodine in the water or food, and since that time farmers have fed a little salt of iodine (iodide) to their stock and have found it very beneficial.

Normally this very necessary, but very small quantity of iodine required for proper animal life is found in feeds, hay and grain, water and soil, milk, butter, eggs, vegetables and fruits. However, in some parts of the country the soil and water, and therefore the hay, corn, oats and fodder seem to have no iodine. It is in these districts that the people have goiter. Their food has not the iodine they need. The goiter belt extends heavily through the Great Lakes region and

Let's Talk Collegiate Styles

By Jerry Martin

DEAR Joan:

Back again in Ames, and have already had one Big Adventure. What do you know? I've just been let in on the inside "dope" on what the well-dressed co-ed is going to wear this year! It is all from a fashion expert with whom I travelled on the bus, so I know it's most terribly authentic, and that you will just gobble it up, you fashion-slave.

Well, first she showed me sketches of pajamas. Really, they look like dresses. The "trous" were huge and circular and could have passed for full, circular skirts. It tickled me to think what sort of a sight all these "balloon" legs would make at a fire drill at the Lodges. One "P.J." was made of peach silk crepe with a darling tuck-in blouse and a long, straight tailored robe monogrammed in black. This style, claimed the fashion lady, is the thing this year.

In campus styles, Joan, the little dresses she drew for me were adorably chic. Jersey and travel-tweed are just the thing. She explained about this travel-tweed. It's the new wool crepe that looks like tweed, but doesn't wrinkle. I move a vote of thanks to the inventor. How mussed and wrinkled one can get in the old-fashioned tweeds!

Colors this year are glorious. We are

getting back to the bright colors again, and plaids are "all the go." The little three-piece suits with tuck-in blouses of plain, bright colors or plaids are so attractive. Jersey dresses are simply rampant, with lots of little capes or cape-suggestions over the sleeves. Of course, tuck-ins hold their own here, too.

Jumpers! Do you remember our grade school jumpers? Well, they're back . . . the style, that is. The lady declared that every co-ed wardrobe should include one of these in jersey, heavy crepe or novelty wool. And jackets have never been better! They're everywhere . . . very short and worn with all kinds of dresses.

Did you get a "trench coat" for school wear? You must be a style wizard. They're simply the rage. Tight belts and those saucy turned-up collars—"Just the thing for campus and the football games," says the expert.

When we reached the "dress-up" dresses, I simply drank in her suggestions—straight, long, snug fitted lines; waistlines normal and well defined, flares and pleats low-placed; tunics, boleros and peplums important! It all sounds so delightfully girlish and "nob-

by." Black and brown are the best this year, with red and blue vying for the remaining honors. Turquoise blue is the trim

for brown, though the newer shades of orange are also used. Pure white and ivory are the right trim for black. Many of the dresses had the sleeves and a yoke of the trim color, and a lot had fur trimmings. Sleeves are most important this season and very often quite elaborate. Hats are ritzy to the extreme. Either they must be the big poke bonnet style or else very much away from the face. No "in between" for the well-dressed co-ed.

Joan, the formals were precious. Like the hats, they go either to one extreme or the other. They must be very fluffy, old-fashioned creations with rows and rows of ruffles, or else terribly sophisticated things, long and flowing. The first were generally made of net or taffeta and trimmed with ribbon-velvet; and the latter made from satin, satin-back crepe or velvet. These fitted snugly to the hipline and then trailed off into rippling, circular skirts. One like this was made of black velvet. It was gorgeous. The slippers were black satin pumps with rhinestone heels. For jewelry there was a rhinestone necklace and bracelet. The wrap was three-quarter length and made of white velvet. What a dream for the Junior Prom! The Grecian effect is quite the vogue. One white satin one I just knew was made for you, so I had the stylist sketch it off, and here it is. How about getting it for Ted's formal next month? You'd be a dream. Ted would think so, too. Here would be the way of it: Joan plus white satin plus all her dignified airs equals Ted hanging his pin! Don't forget to send me some of the "five pounds" and some of the credit . . . I sent the dress design!

Yours for high waistlines and low hemlines,

Jerry.



The season's best.

The Friendly House With White Pillars

By Ila Woodburn

"WHAT'S that brick building with the white pillars?" It was just one of the many questions asked by newcomers to Iowa State campus this fall. Some otherwise well-informed upperclass girls seem sadly vague about it. But listen to what one live-wire senior answered:

"That building? Why, that's where hundreds of girls go to visit and work

with other girls who are interested in their particular line of work. That's where Betty got her start in social service work—putting on a party for poor kiddies on Christmas. That's where Mary got the inspiration to find out all about world peace and national problems.

Ruth acquired a lot of her dignity and poise by being a hostess in the office in that building, and Jane made such beau-

tiful posters there that folks urged her to major in commercial design. The girls who were discussing unemployment and low wages last night at dinner got all their information from a woman who spoke in that building yesterday.

"That building stands for service, too. The only reason that an exceptionally bashful and shy freshman I knew last

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"Chicago—Hog Butcher"

By Mary Morrison Beyer

IT was the first morning of Chicago's third heat wave, which, unrelieved by Lake Michigan, had swept over the city during my fifteen days of pacing the pavements looking for work. I was not looking for a job, just work which one did with one's hands or feet. The hour was just about fifteen minutes of seven and I jogged along South Halstead with a hodge-podge of humanity in a surface car. I peered nervously out of the window and saw a high board fence.

Was the next corner the one? Should I get up yet? Go out the front or back? Yes, the building, the bank with the clock, and the pungent, peculiarly disagreeable odor created in the making of glue and fertilizer—the stock yards!

I hopped off the car and followed two negroes with dinner pails. This was my fifth morning hunting work in "the yards," so I walked the trail with assurance, glancing with gay camaraderie at

Mary Morrison Beyer, Ind. Sei. Sr., this summer entered the Student Industrial experiment, which is carried on each summer by the national Y. W. C. A., to obtain first hand information on living conditions of factory girls. The Y. W. C. A., with the cooperation of the sociology departments of the various colleges, chooses the girls, who enter Chicago, hunt their own jobs and their own rooms, and live on the pooled wages of the group. Neither the employer nor the girl's fellow workers know that she is different from the rest.

the pens of cows, who tasted their tidbits of hay nervously and lowed excitedly. Perhaps they sensed their fate. I passed

a barn and stupid flies rose from the sidewalk and hit me in the face. I batted them away with a grimace. An aimless policeman wandered by on the other side of the road. Rounding a corner I saw with relief the sign, "Employment, time-keeper, paymaster." I had not forgotten the way.

In front of the door to the right of the sign, a long line of men were straggled out, but it was the door to the left, "Women," which I entered. About fifty people, ranging from the very old, thru middle age, to giggling girlhood, were seated on pews or standing in huddles near the door. I went back in the corner and seated myself between the oldest women there, a black-garbed peasant, and a young thing with wildly red lips and a mass of red hair, which hung around her shoulders.

We sat and noted with interest thru
(Continued on page 14)

Is Your Room an Adventure?

By Margaret McDonough

Here it is
All in a nutshell
First floor
Open house
10 P. M.
P. J.'s
or
Otherwise.

WHAT fun it is to open the door some evening after study hours begin and find this little invitation rolled up in a peanut shell and hanging on your door knob! Even more fun than that is standing in your doorway dressed in your best pair of P. J.'s ready to show off your room. And wouldn't you be pleased to hear some one of your guests exclaim, "Why, I like this so much better than the way Mary and Peg had it arranged last year!"

There are so many things that can be done to a dorm room—and the girls who lived in 306 or 207 or 101 a year or two ago, would hardly recognize the room as theirs, so completely does it change from year to year.

Mary and Peg preferred their beds on opposite sides of the room. Perhaps you and Sue like to be close enough so that you can talk over the day's events without disturbing your neighbors. In that case, the beds may stand side by side like twin beds, with perhaps a bridge lamp and small table between. Tables may be bought at any second hand store and painted to harmonize with your color scheme. Cretonne of a gay, colorful pattern is the best choice for bed spreads, for cretonne stands up better under hard usage, does not show soil so quickly and makes the room more like a living room.

Those of you lucky enough to possess third floor rooms, rejoice, rather than lament, for there are so many more opportunities for individual touches. With a padded seat cover—perhaps a doubled blanket covered with cretonne—and a few pillows, the window seat may be made into a charming little nook.

Curtains for the windows may be of any material. They should be bright and crisp, rather than ruffled and dainty, for they will better withstand frequent trips to the laundry. Strips of cretonne left over from the bed spreads may be used for drapes.

Save for a lamp and possibly book ends, desks, like decks, should be clear for action. Don't leave the table top cluttered with books, letters and other miscellaneous junk.

A magazine rack, purchased at the second hand store, also, may become an attractive, colorful spot and is an excellent place for the many magazines which all Home Economics students accumulate. Placed strategically beside your rocker it is sure to prove inviting after an afternoon spent in "Chem lab."

Bring some pictures from home, and be sure to put in a roll of picture wire with which to hang them. A few of your favorite prints do much toward relieving the bareness of the walls and making the place homelike. But don't scatter snapshots of all your friends and relatives about the room. Keep them in a photograph album or memory book which you may show to those of your new acquaintances who become sufficiently interested.

When you are all packed next June, pause in the doorway and look around for a moment. Then you will realize how much a room reflects the personality of its owners.

Manicure That Precious Antique

By Nora Workman—Home Furnishing Expert

"WHATEVER became of that lovely old chest of drawers and that beautiful old walnut daybed we used to have out in the back yard at home? They must have been split up into kindling!"

At this point the modern homemaker sighs and the second-hand merchant (pardon me, I refer to the antique dealer) grits his teeth. How little we appreciated these heirlooms in the past and how we would love to have them now to refinish ourselves and to use in our best rooms!

True, just because a piece is old does not necessarily prove it to be worthwhile. To be worth refinishing, a piece of furniture must have three essentials; good lines, good wood and good construction. However, many really worthwhile pieces have been resurrected from the attic, the basement, the back porch, the hay loft—yes, even from the kindling pile. With a little time, patience and a considerable amount of "elbow grease" or rubbing these have been changed from ugly old black pieces to beautiful articles of furniture of which anyone would be proud.

Moreover, it is such fun to "do" them

oneself! First, have any necessary repair work done and next remove the old varnish or paint. Sometimes there are many, many coats of either or both to remove,

ily scraped off down to the original wood. Scraping may be accomplished by the use of a putty knife, or a piece of steel or glass. Scrape with the grain of the

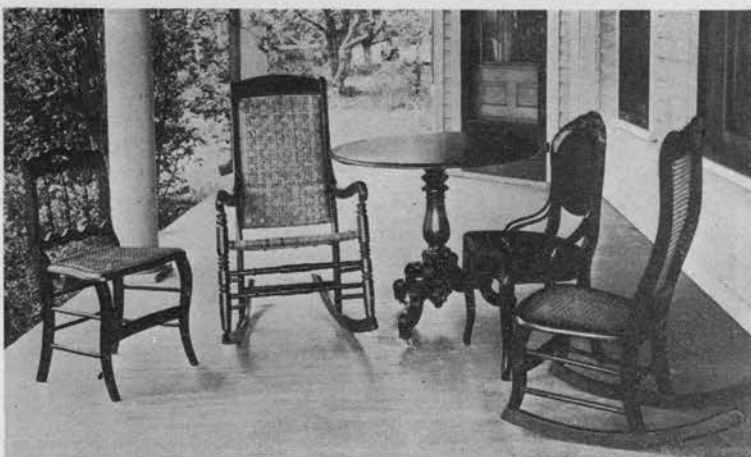
wood, not against or across it. Hold the scraper at an angle of about 45 degrees, using even, steady strokes. Now wash the surface clean with benzine, denatured alcohol or gasoline, according to the brand of "remover" employed, and allow it to stand until dry.

As the next step, smooth the surface with standpaper, first using coarse and lastly fine sandpaper, rubbing with straight, firm strokes in the direction of the grain. Again wash with benzine or gasoline to remove any fine particles of dust.

Spots, unless they have been absorbed too deeply into the wood, may often be removed after the sandpapering process by a solution of one teaspoonful of oxalic acid to one pint of water. If this bleaches the wood, the color may be restored by the use of weak ammonia.

If one now wishes a darker color, a stain may be applied until the desired color is obtained. Many times, if the

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Graceful line, beautiful wood and good construction justify refinishing furniture.

because our grandmothers thought spring housecleaning was not complete until every piece of furniture had a new coat of varnish on top of the crust already insulting the beauty of its wood. I would suggest the use of a good commercial varnish remover for this, as too often, home-made solutions are so strong and of such a nature as to raise the grain of the wood and so produce a rough surface. The varnish remover softens the varnish or paint, which can then be eas-

"Prep Dorm" Has Vivid History

By Madge McGlade—Director of Housing

FORTY-FIVE years of evolution to rise from a "Ladies' Hall" to a Freshman Dormitory! Freshmen girls who this fall "set up housekeeping" in Mary B. Welch Hall may look back upon almost a half century of development in women's dormitories at Iowa State College.

In the year 1887 President W. I. Chamberlain wrote an urgent appeal to the Board of Trustees begging for a "Ladies' Hall." The request was not granted until 1895. Then the president's report included the following: "The erection and completion of the Women's Building works a new era in our ad-

vancement. It is designed with choice architecture, composed of bricks, roofed with slate and finished with taste. It occupies one of the most sightly locations on the campus, giving the most pleasing outlook to its occupants. It tones for the better our entire college life. It is named 'Margaret Hall' in honor of Margaret McDonald Stanton, whose estimable life and character were given in large measure to building and moulding the college through a greater part of its early history."

In 1912, when it became apparent that Margaret Hall could no longer accom-

modate the ever increasing number of women students coming to the campus, a committee composed of a number of prominent faculty and campus women was appointed to find proper housing accommodations for these young women. The personnel of this committee is little changed today. Its group has worked untiringly through the years to build up a splendid campus home for our women students, who come from many parts of the world. As a result of their efforts, the cooperation of the president and the generosity of the State Board of Education, Iowa State College has a system of housing for women that is probably

not excelled by any institution in our country.

Out of our 1,291 women students last fall, 252 lived in eleven sorority homes, 277 in their own homes or in faculty homes, where they worked for board and room, and 762 in our eight splendid dormitories, seven of which have been erected since 1912.

In 1929 the west wing of our newest dormitory, Mary B. Welch, was erected. The entire building houses 260 girls. For the first time this fall all of these girls with the exception of the 20 senior sponsors, will be freshmen.

For a number of years the Housing Committee has felt the need of a freshman hall. The high schools send us a splendid group of young women each year who are leaving their homes for the first time. There is bound to follow a serious period of adjustment. These girls find their class-room work very different and more difficult than that of high school. Many new social adjustments must be made. Many friendships are to be formed. Much of the future good work of these young people depends on the start made during their freshman year. For just such reasons it was decided to set aside one hall for freshmen.

It is not the wish of the college administration to give these women superior quarters in which to live, but rather a comfortable, wholesome atmosphere where the proper conditions exist for study, sleep, health and play.

Parents who are sending their girls to Iowa State College are ambitious that their daughters may be trained to live the most abundant, useful and happy lives. It is our duty to do all possible to see that these ambitions are realized. If these new freshmen women can but be helped to realize the value of integrity and courtesy, the work will not have been in vain.

An artist who does not use his imagination is a mechanic.—Robert Henri.

GIRLS!

THE VOGUE

for

New things while
they're new

Opposite the Campus

Griffith
STUDIO
"The Biggest Little Studio in Iowa"
PHOTOGRAPHS
—*—
Phone 1225 Over Fair Store

Visit
Friest Hardware
Homemakers'
supplies
shears—scissors
needles—bobbins
study lamps
gift goods
Tennis—Golf—Winter Sports
supplies—Pad Locks
Phone 474-W Opposite Campus

First Impressions
Go So Far!
Start This College Year Right!
Have your beauty shop work
done at your
MEMORIAL UNION
Every Student Is a Member of Memorial Union

THE FAIR

Ready-to-wear	Satisfaction for the customer means success for us.	Dry-Goods
Millinery	Our aim is to satisfactorily serve the I. S. C. students thru the various departments of this store.	Shoes
Rugs		Draperies

Beauty Shoppe



GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Helen Melton



Greetings—4-H Ce-eds!

Once a 4-H'er always a 4-H'er—even if college does come along and take girls out of their local clubs. 4-H girls who come to Iowa State College immediately become a part of a big organization of 4-H girls from all over Iowa and even from other states. The Campus 4-H Club is eager to welcome all 4-H freshmen into the activities of the organization.

The club has three meetings during the year—one each quarter. The fall meeting is lots of fun. Everybody is glad to be back together again; the old girls are eager to meet the new 4-H'ers; acquaintances made at conventions and fairs are renewed; the room buzzes with voices.

During the winter, a 4-H tea appears on the social calendar. This is the winter quarter meeting of the club. Then in the spring comes the climax of the year—a May morning breakfast with a delightful toast program.

Besides its regular meetings, the Campus 4-H Club functions in various other ways. The girls help guide farm women who visit the campus during Farm and Home Week. They assist in the annual Farm Bureau meeting in Des Moines.

Last spring they entertained a group of 4-H girls during Veishea.

The Campus 4-H Club wants to know every 4-H girl on the campus. 4-H'ers can make this easy by letting the club know that they are here and interested.

Marion Syndergaard Healthiest 4-H'er

Iowa's healthiest 4-H girl—this is the title awarded to Marion Syndergaard, Grundy County, who was declared winner of the annual state health contest for Iowa 4-H girls held this summer at the state fair. She will represent Iowa next December at the National 4-H Club Congress in Chicago.

Marion certainly should be healthy. Every day she drinks three glasses of milk and eight glasses of water and eats the best of health-building foods. Croquet, volleyball and basketball are favorite sports and a two to four mile walk every day keeps her fit.

Merediths Entertain

Oh, what a party! After the annual Meredith party, held at the state fair this summer, it took the girls an hour and a half longer to get to sleep, according to Mrs. Eva Stacy, in charge of the dormitory.

Over 500 members, boys and girls, were present at the Meredith Jersey Farm for the picnic dinner, games and entertainment, led by W. Norris Wentworth and Mrs. Josephine Arnquist Bakke.

Linn County Boasts Champ Judges

The 4-H girls' judging team from Coggon, Linn County, was awarded the grand championship prize in club judging at the state fair this summer. Gladys Pilard and Katherine McEvoy composed the team and judged in the bread division. These girls will go to the National 4-H Club Congress in Chicago in December as the award for this victory.

From Baker to Artist's Model

From a baker of bread to an artist's model—that is the record of one lucky 4-H girl. Edith Blood, state club historian, of Polk County, was selected by representatives of the Cummings School of Art, of Des Moines, to sit for her portrait in the booth of the school located on the fair grounds. The portrait later occupied the place of honor on the desk in the main 4-H office and was the envy of all club visitors.

I Want to Be Beautiful!

By A. Co-ed

YOU know it isn't gambling when you bet on a sure thing, and I am offering to bet you a new hat that your father has a better complexion than you have. That's such a sure thing, that if you will all wager with me, I will win so many more times than I lose that I shall never be able to wear all my surplus hats.

Just try this out tonight when you get your war paint on all ready for your heavy date. Get your dad up to the mirror beside you, put your face up close to his, and just be honest about it. I did it the other night and this was the comparison that popped right into my mind.

There was a big dish of fruit on the dining room table—luscious pears, peaches and bananas, and over on the buffet was a basket filled with artificial fruit. You know what they are like, quite natural-looking at a distance, but when you examine them closely, you wouldn't care to take a bite out of any of them. Well, after I had made the comparison, I just had to admit that if we were going to pair off, I would have to take the fruit on the buffet and let dad have the real ones. And just think—Dad is three times as old as I.

Of course, he didn't know what it was all about and was doubtless wondering how much the new dress would cost,

when I confessed what I was thinking about and asked him—why?

"Why, honey," he said, "your painting your face up like that is just on a par with my using tobacco. I started using it when I was a kid and thought it was smart. I kept it up because most of my friends were doing it, and now I have myself completely sold on the idea that I cannot get along without it. When you started using powders, creams, astringents and rouges, you didn't do it with the idea of making your complexion any lovelier. Even as a child, you knew enough to know that you couldn't make a luscious peach any lovelier by painting it. No, you did it because you thought

it was smart and because older women that you knew were doing it. However, after you had persistently plastered up the pores of your skin for a few years and refrained from using good cleansing soap and water, you found that the freshness and beauty were gone, that it was necessary to stimulate it.

"Your diet is most important, too. If you want your face to look alive and fresh and beautiful, you must eat things that are alive, fresh and beautiful. Sugars and fats are not alive. They come from dead things, killed before they are ever used. However, milk is alive; and lettuce, cabbage and fruit are alive and beautiful. Of course, a certain amount of fats and sugars are necessary, but they should be so completely surrounded by live, fresh things that they never will be able to reach your face.

"The use of cosmetics dates back for ages, when it was discovered that men were attracted by women who blushed readily. Those who were beyond the age of blushing began to simulate blushes by using the juice of red berries on their faces. It wasn't long before men began to commercialize this desire, and cosmetics became an item of trade. But even back in earliest days, few men were ever fooled, and all through the ages it has been the greatest riddle for men to solve—why women will smother the life out of their lovely skins and cover them with paint, thinking they are making themselves attractive."

I am almost tempted to follow the program as he outlined it for me. Exercise violently every day; follow it with a shower; wash your face with pure soap and warm water, rinsing it with cold; eat lots of cereals, fruits and vegetables; leave off every variety of cosmetics and give your skin a chance to breathe.

Maybe I will become attractive to men; that's what Dad says we women are all striving for. Anyway, I am going to try it, and I am sure of the fact that if everyone would, I couldn't win so many hats.

That Precious Antique

(Continued from page 4)

previous work has been very harsh, it is necessary to apply a filler in order to fill all the pores of the wood and make a smooth surface for the finish. A liquid filler should be used for close grained woods such as cherry, red wood and maple, and a paste filler for open grained woods such as mahogany, walnut and oak.

We must now decide what sort of a finish to use. If the wood has a lovely

(Continued on page 9)

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Iowa State College

Conducted by MARCIA E. TURNER

Greetings from President Bakke

It is the start of another year for many home economics women. To some 'twill be the first out in the "cold, cold world," to other 'twill be one of many similar challenges, while to others it will be just keeping on, for many home economics jobs have no definite stopping and beginning time. I am thinking particularly of those home economics trained women who are helping acquaint the public thru the press, of the new facts in the home economics field, or the home economics trained women who have added an M. D. after their names, or again the home economics extension workers who are bringing the newest in nutrition, clothing and what-not to the women and girls away from the college. All of these women catch their vacations anywhere along the year. But by far the largest home economics group are the public school teachers. Particularly to them I wish to say "Howdy."

Every Iowa home economics woman a member of the state association—that is the 1930 goal. If your dues are not in, please do the white thing—send a check for \$2.00 to our new secretary, Lulu Tregoning, Extension Service, Iowa State College, Ames, Iowa. 'Twill gladden her heart and ease yours.

One new thing to come up for consideration before the State Educational Association this fall is the matter of affiliation with the State Home Economics Association. In May of last year your Executive Committee decided to put to a vote the matter of approaching the State Educational Association on the subject of affiliation. The vote was carried. Next month we will have more to say on this subject.

With every good wish for a most worthwhile home economics year, I am,

Sincerely,

Josephine Arnquist Bakke,
President, Iowa Home Economics
Association.

Josephine McMullen
Chairman of Membership

Jo McMullen is well known to Iowa home economics teachers, especially to teachers of vocational homemaking, to

whom she has been friend and counsellor for the past two years.

In looking over her record, it becomes evident that she has had a versatile teaching experience. Following her first year at Iowa State College, she taught in the grades for a year. Following her second year she taught high school home economics and incidentally English, algebra,



Josephine McMullen

physiology, bookkeeping, basketball and dramatics! That she came through alive and with flying colors is self-evident.

Concerning the rest of her college course, she states, with characteristic modesty: "And finally summer schools and another year at Ames gave me my degree." What she did not say was that, in spite of her interrupted college course, she was active in campus affairs, especially in journalism, and that she was elected to Omicron Nu and Theta Sigma Phi.

Following her graduation she taught home economics in the Cherokee high school for two years, and taught at Penn College during one summer session. In April, 1928, she became state supervisor of homemaking education. This month she is leaving that position in order to enter an age-old branch of her profession. Read her article on this page.

Let's Face the "Hiring Line"

By Josephine McMullen

Do you know that Iowa's membership record for the State Home Economics Association last year was greater than it has ever been in the history of the association? (Greater by just one member, I must admit.) But that's a new record and 100 more members is the goal for this year.

Home economists in the Iowa State College Extension Service were 100 percent in membership last year—42 of them. Burlington high school teachers were 100 percent and everyone of the home economics women in business who were notified of their dues responded with a check. College faculty women in all of the institutions make up another loyal group.

As membership chairman, I have been interested in learning of people's reasons for joining the state association. Answers of all members were very much the same. You will be interested in hearing the answer given by Miss Fisher, dean of the Home Economics Division at Iowa State College.

"I joined the State Home Economics Association last year as a result of habit. As a home economist, I get pleasure in the group contact with other home economists and look forward to seeing old friends and making new ones during the annual meeting, and then reading of their doings in the state news notes."

Josephine Wylie, associate editor of *Better Homes and Gardens*, writes as follows:

"The most reasonable reason for my joining the state association is that home economics is my profession and I naturally incline toward the organization which represents home economics people. Also, in my particular job, the state association gives me an affiliation with the national organization, which is extremely valuable.

"And to be very, very frank and plainly mercenary, I regard affiliation with the Home Economics Association as a step in the direction of a better job at a better salary. The people on the hiring line will readily vouch for the truth of this statement."

Why Buy Baker's Cakes?

By Nellie Goethe

Big cakes! Little cakes! And each one is decorated with delicately colored frostings. Of course, you may buy cakes at the pastry shops, but the ones I will tell you about are the real home-made kind. They taste ever so good, and are very simple cakes with professional touches.

When you make the cake you may ornament it in the way which is most suitable for your own party. Perhaps, it is a birthday cake or a Christmas cake. Again, it may be a cake for a St. Patrick's or a Hallowe'en party; and speaking of Hallowe'en, the time for witches and pumpkin faces is almost here.

Tiny little cup cakes made of plain cake and frosted with an orange icing will look like pumpkin faces if you drop melted chocolate for the eyes and nose and make a streak of chocolate for the mouth. Or round chocolate cookies with orange icing and the pumpkin face made with melted chocolate are very nice to use for children's parties.

But the Hallowe'en witches must not be forgotten in planning cake decorations! The witch may be made of melted chocolate on the center of a large cake, and just outside the "reach" of this wicked witch may be placed some glaring pumpkin faces. Pastry tubes are inexpensive and easy to use, so with the colored frostings, anyone can give a professional touch to even a simple cake.

Shamrocks and high top hats in St. Patrick's colors are suggestive of a March party. April showers suggest umbrellas for the April party. For May, a May pole cake is very appropriate. A long piece of stick candy in the center makes a glistening May pole to which tiny ribbons may be attached. If the icing is tinted, a very pretty color scheme may be worked out with the colored ribbons.

Perhaps, the children most of all are delighted by a decorated cake. Someone has suggested a merry-go-round cake, and it has proven to be very popular with the kiddies. Bake this merry-go-round cake in a large, round pan, and frost it with chocolate powdered-sugar icing. Insert a stick of candy in the center of the cake to form the center tent pole. Arrange shorter sticks around the edge. Put spots of brightly colored frosting on animal cookies, and arrange in pairs around the edge of the cake for ponies.

The tent top may now be made. Cut and bend a fine wire to fit on top of the candy sticks around the edge. Wrap it with white crepe paper. Cut and arrange another piece of white crepe paper so that it will fit over the center pole, and will extend an inch below the outer edge. Dab bits of frosting on the top of each stick to hold firmly the wire and the paper top. The frosting should be fairly deep to hold the animal cookies. When it dries, it will hold the tent in shape.

This cake is not difficult to construct and is inexpensive.

You will feel well repaid for the time spent, by the laughter and the shouts of surprise which greet you when it is first seen by the children.

That Precious Antique

(Continued from page 7)
grain, an oil finish, or an oil-and-wax finish combined, gives a soft, pleasing luster and can be easily patched if scratched or marred. A dull varnish or shellac finish protects the wood best, but when scratched, it cannot be patched, and the whole surface must be done over. The oil finish also acts as a sort of dressing to an old piece of wood out of which the natural oil has evaporated. Raw linseed oil may be used for this. Apply not one coat of oil, but many, rubbing until all the oil is rubbed in or rubbed off. Twenty-four hours should elapse between applications of oil. After the last coat of oil is rubbed in and thoroughly dry, one may apply a wax finish, if desired, although the oil alone is satisfactory.

A painted finish may be applied to those pieces of furniture which do not have an especially interesting grain or the grain of which has been badly marred or stained. For the first coat use flat paint. When the flat paint is thoroughly dry, apply one or two coats of good enamel or lacquer.

Painted furniture is very much in vogue now and certainly a multitude of sins are covered by paint. But don't ever be guilty of covering with paint a piece of furniture with lovely grain.

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If you haven't time to come down-town, you'll find our Co-Ed Shop a great convenience. It's on Lincoln Way a few doors up the hill from the Ames Theater. Everything you need to wear is here—Dresses, Coats, Hosiery, Gloves, Underthings, etc. Stocks are kept right up to the second, carefully selected examples of what you'll find in the big store down-town.

THE IOWA HOMEMAKER

A Magazine for Homemakers From a Homemakers' School

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GIVE US BELLS!

"Bells, bells, bells, bells, bells . . .," plenty for Edgar Allen Poe, but nary a one for the Iowa State student. A touching incident has come to our attention, which brings home to us with crushing force the need of an efficient system of class bells on the campus.

Recently thirty-five members of a 9 o'clock class failed to present themselves at their respective 10 o'clocks. Investigation was made, and at 10:30 the instructor was discovered still lecturing to his class. There had been no move to go, as the students were all asleep. The moral is patent.

Clocks thruout the campus are regulated by electricity and operated from a central switchboard. Let us have bells . . . loud bells . . . insistent bells thus regulated and operated to turn off and on the instructors.

WATCH OUT BELOW!

The bugaboo of culture and refinement is hovering over Iowa State College campus. It threatens to shower upon us during the coming year such "swelth" as our agricultural addicts have never seen; such elegance as our mechanical collegians have never imagined.

Let every house and hall hold a formal dinner once a month. Let collegiate plays become formal functions. Yes, even let a dancing mistress be added to the staff of the Memorial Union. And even then we will not be *too* ritzy, *too* high tone to mingle with the common herd. If we survive the shock there will still be room for improvement.

Democracy is a great thing, but why ruin a perfectly good dance with a beret and a flannel shirt? Aren't we just a bit tired of trying to live down to the social standards of "Cow College Ioway?"

We are being fitted for positions in which we really

might come into contact with men who don't have to "hitch" into a tuxedo, with women who can act naturally in a formal gown. What right has any institution of supposed "higher learning" to turn out men who have never seen the inside of a white "board shirt," men who are all hands and purple ears when nailed into a dress suit? What right has it to graduate girls who feel three-fourths arms and one-fourth neck at their Senior Prom?

So we drink to the Culture Bugaboo at Iowa State. May it flourish and bear fruit. Better to learn how men live while we have others to laugh and suffer with us, if suffering is necessary, than to suffer and be laughed at later, and alone.

"THE SET OF THE SAIL"

Three freshmen stood before the library, chewing their gum.

Said the first, "I won't be a grind. . . Why kill myself when an '80' will do? I'm only young once . . . sports and 'make up' are more fun than studies any day."

Said the second, "Activities are the bunk. . . Y. W. C. A. . . W. A. A. . . W. S. G. A. . . just a string of letters, and a waste of time. Watch my smoke . . . I'm out after Phi Kappa Phi!"

Said the third, "Activities or studies . . . studies or activities . . . why not fill my plate with both and call it a balanced diet? Mix my 'brain' honoraries with sports, four years of 'Y' work, some 'back stage' or dramatics, a taste of 'Hee' Club, and some cub reporting . . . that's the life for me!"

* * * *

Four years later three seniors applied for The Job. . . Can you finish this story?

HELLO—EVERYBODY!

There are about 1,300 young women attending Iowa State College this fall, of whom perhaps 400 are freshmen. To this aspiring "400" and to all others who are returning, the college Personnel Office, through the pages of the IOWA HOMEMAKER, extends the warmest greetings.

Miss Frances A. Sims, Personnel Director for Women, sends this word:

"Your interests, girls, are our interests—a successful, profitable and happy period of work and play at Iowa State College. We should all, therefore, quickly become acquainted with each other. Will you not accept this as a personal invitation to make a friendly call at the Office of the Personnel Director to the end that we may become better acquainted?"

There is no question at all that we will accept, once we know Miss Sims. She is just a little lady, but a delightful person before whom to lay one's joys and sorrows. She always understands.

Alumnae News



Among Our Alumnae

Dorothy Dean Roberts, '29, this fall enters the faculty of the Rochester Athenaeum and Mechanics Institute, Rochester, N. Y.

The Mechanics Institute is a three-year cooperative training program in Food Administration. It trains a young woman for the position of dietitian in the dietary department of a hospital or as manager of a tea room, club or cafeteria. Students alternate a month in school with a month in a tea room, cafeteria or hospital dietary department. While at work they are paid directly what they are worth to their employers. This is the second year in cooperative education for girls in the Institute.

Emma H. Rohrs, '29, completed dietetics training at Evanston Hospital on March 15, 1930, and remained as assistant dietitian.

Charlotte Cunningham, '13, is employed with the Brooklyn Home for Children at 141 S. Third street, Brooklyn, N. Y.

Mildred Payne Early, Ex. '28, is demonstrator with the West Pennsylvania Power Company of Pittsburgh, Pa. She had been in charge of the Model Home for Gimbel Brothers in Pittsburgh before going to the W. P. P. C.

Hazel Wickard, '26, and Oliver Hill were married April 12, 1930. Mr. and Mrs. Hill will make their home in New Mexico.

Esther J. Clark, '24, has accepted a position as Home Economist for Central Power and Light of San Antonio, with headquarters at Cuero, Texas.

Oona Stantz, M. S., will go to Michigan State College as home management specialist. Miss Stantz has recently held a fellowship at Purdue University.

Ruth Post, graduate student, will have charge of the cafeteria in the junior and senior high school at Covington, Ky. The school has an enrollment of 1,500 pupils.

Ruth Weis, '18, and Charles Lyle were married during the summer. Mrs. Lyle had been teaching in the Arkansas College of Agriculture and Mechanics prior to her marriage.

Cassie Laughlin, '28, will go to the Goebel Meat Packing Co., New York City. Miss Laughlin will enter experimental work in dietetics and also will take charge of the employees' cafeteria.

Helen Kroeger, '26, will be employed by the New York Consolidated Gas Company of New York City.

Lectures to Salesmen

Ella Fay McCue, '26, has accepted a position with the General Electric Company in Philadelphia. She writes: "I have had the pleasure of furnishing an entirely electrical kitchen and laboratory, which is very charming and which we call the Home Service Institute. We have just started, but hope for immediate expansion. It is my work to lecture to salesmen and hold classes for the users of General Electric refrigerators."

Ruth Washburn, undergraduate, is teaching home economics in the junior high school at Washington, Iowa.

Dorothy Johnson, '28, on August 1 took charge of food preparation, buying and employees at the Cook County School of Nursing, Chicago.

Hazel Fry, '28, and Estill Schnezler were married this summer and will make their home in Stillwater, Okla., where Mr. Schnezler is employed in poultry department work.

Mabel Weyrauch, '29, Connellsville, Pa., will have charge of the Home Science Department of the West Pennsylvania Power Company.

Lucille Annear, '29, and Charles T. Baker were married June 27. Mr. and Mrs. Baker are now at home at 4875 Chalmers Ave., Detroit, Mich.

Pauline Gordon, M. S. '27, entered Tennessee Polytechnic Institute in September as head of the Home Economics Department.

Florence Willson, '27, has accepted a teaching position in the Merrill-Palmer School of Homemaking, Detroit, Mich.

Marian Neidert, '27, will be employed in the Commons at Michigan State College, East Lansing, Mich.

Mildred Boxwell, '27, will act as home advisor of DuPage County. Miss Boxwell's location will be at Weaton, Ill.

Rebecca Nelson, '29, will teach this year in the Bay St. Louis high school, Mississippi.

Alice Mary Clark, '26, entered the extension service at Staunton, Va., in July. Miss Clark has been teaching since 1927 at Wahoo, Neb. She spent the summers of '29 and '30 in social service work at Nyack, N. Y.

Ames Methods in Practice

Marcella Bergland, Dec. '29, who is connected with the New England Furniture and Carpet Company, Minneapolis, writes as follows:

"So far, my work has been a little bit of everything from dusting shelves (which was the first thing the company asked me to do) to acting as hostess in the Good Housekeeping Studio. At present I am hostess full time and find the work very interesting.

"I am living with a girl friend from home. We have an apartment and practice all the Ames methods in our housework and meal planning.

"Ruth Hitzhusen, '25, is working in the Home Service Department of the Crosby Flour Company. She has been with them since January and is enjoying her work."

Love is better than spectacles to make everything seem great.

—Sir P. Sidney.

Who Wants a Hole-in-the-Wall?

By Edith Graham et al

EFFICIENCY. Today this powerful little word has become the slogan for everything, be it an egg beater, a clothes brush or an electric switch. One of the latest initiates into this society of order and utility is the clothes closet.

Do you own an efficient clothes closet or a hole-in-the-wall inconvenience? Do you grope in a dark interior to find a hook which will bear up under one more hanger, the while you balance precariously among a sea of shoes, galoshes and articles "fallen from grace?" Do you grieve to find the new sweater "poked out" in the shoulders from long hanging on some closet hook? Do your hats hobnob with your

powder puff and your shoes peer accusingly from beneath the bed? If you are guilty of any of these sins . . . now is the time and here are the means of reform. No girl need envy her neighbor's "dukey" closet when with a little ingenuity, time and moderate expense she may have one of her own.

The ideal closet will receive clothes with the minimum outlay of effort and time on the part of the donor, and will hold them in tip-top condition until that person is ready to remove them. It will lengthen the life of garments, improve their looks while they last and save pressing bills.

One is at times handicapped by the adoption of a poorly located closet along with an otherwise satisfactory house. Like the mumps, there is nothing much one can do about it. Ideally, the closet should be either on an outside wall with a small openable window cut for ventilation, or should possess ceiling and floor ventilators for hygienic airing of the clothes. It should be situated near the part of the bedroom used for dressing, but should have the door so hung as not to interfere with that function. The closet floor should be several inches higher than the floor of the bedroom (else even the "efficient" housekeeper might be tempted to dispose of dust behind a row of dresses). Whether or not there be a window, a brilliant electric light in a closet is essential, and she will

be a wise woman who plans this feature as a ceiling fixture and thus avoids bumped heads and broken filaments. It has been estimated that such a light per month would hardly equal the cost of one newspaper. It is worth it, is it not?



Because wall-hooks are fast giving way to garment-hangers (poles extended from end to end of the closet), closets may now be much smaller than yesterday, and the space then occupied by Madame's body as she poked among the clothes on the hooks is now filled by her dresses, neatly and scientifically hung and all in plain sight. The hanger pole is best if placed at least five feet six inches from

the walls which run parallel to it. If the closet is small, space will be saved by installing an extending pole rather than a fixed one. There are a number of such poles on the market. One pole slides out and is similar to those found in clothing shops. Another type is extensible and folds in and out, holding 16 hangers.

Closet shelves may be either a curse or a blessing. If yours are of the blessed variety they will be so placed that even the five-footer can reach to the back of them. If extending over the clothes rack, they will be no more than a foot wide and will clear the pole by at least two inches, so that the hangers may be easily arranged on the rod. With a little ingenuity and perhaps the help of the man-of-the-family, sections of the shelf may be subdivided or even shut in by little doors and a clever place made for the mending basket, cleaning solution, hosiery, soiled clothes, or what you will.

Hangers now cry for attention. Don't skimp yourself; you can hardly have too many. No act is quite so inefficient as that of hanging five dresses on one hanger or draping a skirt over a coat hanger. Best have them smooth with round edges and wide enough to avoid unsightly impressions on shoulder lines. It is wise to pad them for flimsy or heavy garments if one would keep these articles in the best of condition.

Clothes which are delicate, easily soiled or infrequently worn should be kept in

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fall is now a peppy little sophomore is bought or made out of cretonne, percale, linen, sateen, gingham or glazed chintz. Glazed tarlatan (Argentine cloth) of the transparent variety may be secured and fastened to the wire frame of the top, which may be found at any notion counter. Bias binding on the closed edges and a strip of the prevalent "zipper" fastening will then complete a bag anyone would be proud of. The openings of these covers will be found most convenient if placed at the side, rather than at the top or front-center. It is desirable to have all covers long and without bottoms to avoid wrinkling of the hem lines of garments.

Shoes are a problem, but no trouble is too great if one can thereby avoid the necessity of carpeting the closet floor with them. Gay cases with a pocket for each shoe will often use up that extra material from the dress cover. A shelf nine inches wide and twelve inches above the floor will keep shoes out of the dust. A shelf attached to the wall and slanting downward with a cleat (for the heels of shoes) three inches from the edge, will prove very convenient.

It is wise to have a shoe tree for each shoe. They should be of such size and shape that they will hold shoes in shape but not stretch or draw them. For delicate slippers it is well to make velvet slipper toes and keep the slippers in cloth bags.

"She slung her hat into the drawer." Why? Because she had no trim row of gayly painted hat stands within convenient reach on her closet shelf. These stands should be high enough to hold the hat entirely above the supporting surface, with the top rounded and large enough to give good support to the crown

of the hat. If hats are to be kept on open shelves, one may either set the hats and hat stands into hat boxes, or place attractive covers of Argentine cloth or transparent celophane over them to keep out the dust.

"Chicago—Hog Butcher"

(Continued from page 3)

the glass partition the Jack-Holtish-looking man in the next room who was interviewing men and hiring them. He appeared at the door. The conversational buzz became somewhat subdued. Backs were stiffened. Handkerchiefs twirled. He entered the room and walked slowly down the aisles between the pews, looking intently at first one applicant and then another. He paused and pointing a fixed finger at a tiny miss in a poke bonnet, asked her some questions in tones so low that only she could understand. She answered, fluttering. He walked on, pausing and pointing. Then he came to the back row and me. The long finger came out and low tones, "Where have you worked?" "Candy factory," I said, and he went back to the front of the room. Stopping, his long fingers stroking his chin, he looked in a sad way at the floor and muttered, "That's all for today," and walked into the office.

It was nine o'clock.

* * *

The sweat poured down my face and ran down my neck and back, streaking the white collar of my blue uniform with a black miniature river. I reached a grimy hand into my pocket and pulled forth a paper towel (to avert the catastrophe of having a black, black handkerchief) and mopped my brow and pinned up a truant tail of hair.

My "pull," twelve frankfurter casings made of glycerine and cotton, which came from the dryer, had not arrived. I was at liberty to perch on a stool and hook my feet over its kind rounds; to wind up my bad casings, which were too narrow, or to slice up rubber tubing in one-eighth inch sections and put them on the end of a stick, called a dowel.

A torrid breath of air exhaled from the dryers and sifted in thru the factory windows. I looked at the blackness of my hands and noted with interest the condition of the callouses and blisters. The bandages were slipping. When working on the mandrel (that's what I did) the fore-finger and thumb are bound first with unbleached muslin and then wrapped firmly with casing and tied. The casing had worn off.

"Scissors!" The girl from the dryer whacked off the wet ends of the 12 casings and I left the comfort of the stool. Wiping off my mandrel, an iron rod about two feet long, upon which I shoved fifteen feet of sausage casing, I commenced the job of shoving with the casing bandaged fingers. I transferred the shoved casing to the wooden dowel and put a piece of rubber on the end. My left foot commenced to burn with fire. I shifted to my right—and was thankful for the right to shift to.

And we worked . . . Chicago and I. The "hog butcher of the world" and one of its laborers . . . shoving sausage casings on two-foot rods.

The House With White Pillars

(Continued from page 2)

garment bags. Attractive bags may be that some girls from that 'building with the white pillars' decided it was their job to keep folks from staying lonesome. Some of the girls from there even call every day on folks who are sick in the hospital so they won't get blue.

"Girls meet some of the nicest fellows over there! And they don't let the opportunity pass, either, because they learn in Charm School how to make themselves attractive.

"And of all the hilarious sounds that come from the building sometimes! One would think the whole college was having a good time in there. But usually it's a big crowd of girls getting ready to go out on a house party.

"I can't remember all the thinks folks do there. There are ever so many more just as interesting. But here is one thing—a girl always comes out of the door with a smile on her face and a spring in her step. Why, you see, that's the Y. W. C. A. building."

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ON THE CAMPUS

Fight Goiter With Sea Weed

(Continued from page 1)

But after all, these iodides are quite strong chemicals and so act more or less as drugs on the body. Many physicians consider an organic or food-combination of iodine to be better as a more natural source. For this any sea foods are good. Fish, salmon or sardines, or even cod liver oil, contain valuable amounts of such iodine. Fresh water fish and watercress contain smaller, but still considerable, amounts.

The sea, however, is really the place to which we must look for our iodine. Seaweed promises to fast become the "life saver" of the goitrous stricken inland. The most numerous and useful are the large, dark brown seaweeds or kelps, heavy, coarse, shiny in appearance, but quite delicious.

The Scotch are said to have used one variety of kelp to chew as tobacco. Some of the red seaweeds are used today in New England and Ireland as a delicacy. Irish moss is used to thicken milk puddings or boiled and the liquid strained and sweetened. The Japanese use the green seaweeds as greens, in salads, in soups or as pickles or candies. Brown kelp grows in huge groves in the ocean all along the Pacific from California north. However, it is seldom eaten in this country.

In Japan the brown seaweeds are carefully harvested and used in many ways. The kinds most in demand are long blades 5 to 20 feet long and 6 inches to a foot in width. These grow in the northern island and are known botanically as a species of Laminaria. They are washed and dried on the beach, carefully trimmed of stems, baled and shipped to

Osaka, the great city a thousand miles south, where there are factories that prepare the kelp for use. In this preparation, successive scrapings of the frond with a saw-edged knife result in a greenish brown sawdust-like powder, somewhat salty and quite delicious.

To return to the goiter problem, the use of the Laminaria thus ground has come to be quite popular. The powder may be added to all kinds of dishes with delightful results. These seaweeds, however, have a more important function than that of acting as a mere flavoring. It is notable that until a few years ago these Laminaria and others of the brown kelps were the chief source of the world's supply of iodine. Today they are coming to be accepted as an ideal food for the people in regions where iodine is scarce and goiter troubles are not.

It was at first questioned as to whether the iodine really was in the seaweeds as they were eaten. Iodine is very volatile and might easily be evaporated during the drying and curing processes. Analysis, however, showed that a great deal of the iodine still remained. A remarkable survey has been made to determine the content of iodine in different types of food in a goitrous region and to decide how much of these foods must be eaten to obtain the tiny amount of iodine necessary to keep the thyroid glands working properly. Experiment shows that in one day, three and one-half pounds of bread should suffice. (Normally we eat one-fourth to one-half pound.) One and one-third pounds of butter, ten pounds of spinach or 100 pounds of carrots, also would furnish enough iodine to keep a grown person out of danger. A growing

(Continued on page 16)

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(Continued from page 15)
child should have half again as much. Since it would be nearly impossible to get the iodine we need in this way, we may of course add foods from a region where there is more iodine, used iodized salt, codliver oil or other sea foods. One-sixth of a pound of salmon or one-fifth of a pound of oysters would be sufficient for a day. Of codliver oil, two teaspoons would be enough, even though there were no iodine in the rest of the food eaten.

Iodized salt would require only one-sixth teaspoonful to furnish a grown person's daily need of iodine if the iodine is in its best form, which we do not know. But of the seaweed powders, even the one lowest in iodine would give enough for a day if one-ninth of a teaspoonful were eaten, and the Laminaria and "flour of algae" would require far less. Just the sprinkle that one finds appetizing would give plenty for even a child's need.

Of course, the iodized salt is inexpensive; the amount needed daily would cost less than one cent a month. The seaweed would cost less than two cents a month, while the codliver oil may cost three or four cents a day. Ten cents a day would be needed to pay for the oysters or five cents for the salmon and 36 cents for the sardines. Surely the seaweed seems cheap enough.

In reply to questions concerning the wholesomeness of seaweeds, Dr. Caroline Hedger states that there can be no possible danger in eating them. We may conclude, therefore, that seaweed powders are a convenient and satisfactory means of obtaining the iodine without which we perish.

Nobody has a monopoly on the supply of good humor. Wade in and help yourself.

Another good place for a Zipper would be on string beans.—Life.

For the convenience of the readers of THE IOWA HOMEMAKER, the "flour of algae" is on sale at the Judisch Bros. drug-store in Ames. Small samples of the Laminaria and Undaria may also be obtained by writing to Mrs. M. P. Cleghorn, Iowa State College, Ames. The samples contain one-half teaspoonful of the powder, which is sufficient for a family of four for two weeks or a family of two children and two adults for twelve days.

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